Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

HOUSEKEEPERS' CHAT Thursday, July 15, 1937.

(FOR BROADCAST USE ONLY)

Subject: "WEEK-ENDS IN A NATIONAL FOREST." Information from the Forest Service, U. S. Department of Agriculture.

--ooOoo--

I've always been interested in our National Forests and in using them for summer holidays and week-end trips. So I was especially glad to note, a few weeks ago, that a Robert Marshall, formerly with the Indian Service of the Department of the Interior, has been chosen to head the Division of Recreation of the Forest Service, which, as you know, is one of the largest bureaus in the U. S. Department of Agriculture.

Mr. Marshall will have charge of the development of recreational facilities and the handling of public recreation use in the 156 National Forests. What that means to the individual family in the United States may be guessed from the fact that last year, more than 23 million persons visited the National Forests for recreation. That's not counting millions of incidental and transient visitors who just motored or passed through. More than 6,000 campgrounds already have been improved for public use, and this work is going on continuously. I, for one, am glad to know that someone who understands and appreciates the universal need for outdoor pleasure is to be in charge of directing these camps and recreation spots.

When the C.C.C. began to look for healthful employment for thousands of young men,- work that would not conflict with other fields of industry, the National Forests and the National Parks were able to use many of them to improve roads and trails, open up scenic vistas, clear undergrowth and in other ways add to the recreational uses of these woodland areas.

Many of us live within a few hours' drive of a National Forest. Even if a regular vacation is out of the question, week-end trips may be planned all through the summer. The free camping areas are equipped to make such visits as easy and enjoyable as possible. Cleared spaces are allotted for pitching a tent or parking a car. Some of the camp grounds have space available for trailers. Pure safe drinking water is piped to a convenient tap. Sanitary toilet facilities and garbage disposal is provided. Fireplaces are available for cooking and there is usually firewood that can be picked up nearby where clearing has been done. At picnic areas there are rustic tables and benches.

What can the young folks do on a week-end visit to the forest? Hike or climb, ride horseback, study wild life; sometimes swim and fish. If a week-end seems too short a time to get in all the interesting trails and views, why not plan a succession of week-ends with a different hike or climb each time? Once you have accustomed the family to spending a night in a tent,- or in the open,- and have given up some of your ordinary housewifery in favor of camp cooking and simple menus, you will find it easier to manage each time you return. With well thought

out advance preparations all the cooking necessary will probably be making coffee and frying the fish the boys catch.

However, you must always remember there are no corner groceries in the forest. You must bring with you everything you are likely to need. If you arrive without the salt or sugar, it will be just too bad! In fact, it's a good idea to keep a supply kit on hand to pick up when you start out on these week-ends. Replenish each article as soon as you come home, ready for the next time. Here's a practical list of contents: Skillet, saucepan, coffee-pot, and any other utensils; bottle opener, can opener, bread knife, table knives, forks, spoons; plates and cups of metal or paper; paper napkins and waxed lunch paper; salt, pepper, loaf sugar, a small can of evaporated milk, and a box of safety matches for the camp fire.

In planning what food must be carried, count three to five meals eaten away from home. To be safe, the foods that you carry must keep well. So plan the second day first, setting aside foods that do not require icing. Of course you might take some sort of traveling refrigerator, but we have such a fine variety of canned foods nowadays that this seems unnecessary, and from a true woodsman's standpoint, a little too "citified." You can even get canned cheese, and there is a wide range of choice among the meats, fish, baked beans and substantial combination products that are a good basis for a quickly prepared meal. Bacon and cooked ham are dependable for that second day, also chipped beef.

For the first day, the range of good things you can carry easily is limited only by the family preferences. Any of the cooked meats or chicken go well. If the weather is cool, you might like to bring hamburg patties or chops or a steak to broil over the camp fire. You could carry salad ingredients like celery, lettuce, tomatoes and cucumbers and put them together on the spot.

Don't carry made salads or uncooked meats if it's hot. The danger of food poisoning from spoiled picnic foods has often been learned in an unfortunate way. Better to stick to ham, cheese, and eggs for the week-end if the thermometer soars The more perishable fruits such as berries, cherries, fresh pineapple cut up and put in a glass jar, or fresh apple sauce, are best the first day. Hot coffee and ice cold milk may be brought from home in thermos bottles. If lemon juice is squeezed and sweetened ready for mixing into lemonade it will be a refreshing beverage to serve. If sandwiches are wanted, have them the first day. Loaf cake, cup cakes, and cookies, all travel well, especially if put in a tight tin box.

For a campfire dinner the second day, frizzled dried beef and scrambled eggs are a good combination. Both of the "makin's" for this dish can be safely transported without ice. The boys of the family will like to cook this dish. Tomatoes or cucumber will go well with it, and buns instead of bread, since they will not dry out as much as loaf bread. Fruit for dessert the second day may be oranges or whole pineapple. Some of the cake may be left.

All the facilities of the Forest Service are free. Only two or three requirements are made of those who enjoy the privileges of the forests. The Forest Service asks that everyone avoid damage to the timber and growing things; observe state game laws and sanitary regulations; leave camp quarters clean by proper disposal of cans, papers, and other litter; and take great care with regard to fire.

###